

Happenings

BCSC luncheon

The Baumholder Community Service Club October luncheon "Fashionable Fall" will be held Oct. 20 beginning at 11:30 a.m. at the Rheinlander Club.

Reservations may be sent to reservebcsc@yahoo.com. Child care will be available at this luncheon so those interested may include the child care request with their reservation.

Force protection brief mandatory

A briefing on Antiterrorism, Force Protection Awareness, Subversion and Espionage Directed Against the Army is scheduled Oct. 26 at the Wagon Wheel Theater. Conducting the briefing will be the 222nd Base Support Battalion and 66th Military Intelligence Group. The English version is from 1-2 p.m. followed by the German version from 2:15-3:15 p.m. This briefing is an annual requirement for all Soldiers, Department of Defense civilians, and local national employees. Family members and dependents age 16 or older are highly encouraged to attend. Any unit or element with 10 or more planning to attend, please call to ensure space is available. Direct any questions to the Baumholder MI office, mil 485-7386 or civ (06783) 6-7386.

Youth Services October events

● Oct. 14, trip to American High School in Ramstein for the annual College Information Night for ninth and 12th graders, time to be announced.

● Oct. 16, trip to Holiday Park in Hassloch for six through 12th grade students from 8.30 a.m. to 9.30 p.m.

● Oct. 29, Halloween dance at the Teen Café for ninth through 12th grade students from 7—11 p.m.

● Oct. 30, masquerade ball at the Landstuhl Teen Center for ninth through 12th grade students from 7-11 p.m.

● Oct. 30, lock-in at the Underground for sixth through eighth grade students from 8 p.m. to 8 a.m.

All participants must be registered with CYS and a signed permission slip must be turned in one week prior to each trip or event.

For more information contact your local youth center or Youth Services at mil 485-7276.

Volunteer to help

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting or recreational events.

For more information contact your local youth center or visit Baumholder's youth web site at www.baumholder.army.mil/youthsite/html/ys.htm

Professional help

Professional counselors are here to provide support and guidance. If you are dealing with conflict, worry, or difficulty, in or outside the home, take the time to talk to someone about it. Confidential family/life coaches can meet with you, when and where you are most comfortable. Call Army Community Services at mil 485-8188 or civ (06783)-8188 to schedule a meeting.

Strikers

Strikers offers free bowling every Thursday from 3-6 p.m. Cosmic bowling is offered Saturdays from 8 p.m. to 1 a.m.



Jimmy Cabrera

Guest speaker

Jimmy Cabrera is the guest speaker Oct. 15 at the Wagon Wheel Theater for Hispanic Heritage Month. Cabrera will speak from 1-2 p.m. He is ranked by the research firm Market Data Enterprises of Florida, as one of the top three Hispanic motivational speakers in the nation.

Shooters

Shooters offers good home cooking. Breakfast is offered Saturdays and Sundays from 10 a.m. to 1 p.m.; lunch is Monday through Friday from 11 a.m. to 1:30 p.m.; and dinner is offered Mondays through Sundays from 4:30-9 p.m.

There's music in the new night club on Fridays and Saturdays from 9 p.m. to 2 a.m. The Skeet Range is open on Thursdays from 5-8 p.m. and Saturdays and Sundays from 11 a.m. to 5 p.m.

Rheinlander

The Rheinlander Convention Center restaurant offers lunch Mondays through Fridays from 11 a.m. to 1:30 p.m. Dinner is offered on Tuesdays, Wednesdays, Fridays and Saturdays from 6-9 p.m. and Thursdays from 5-9 p.m.



Photo by Ignacio "Iggy" Rubalcava

A message home

Lt. Col. Walter Rongey, his wife Cindy and their five children Matthew, Josephine, Mary, Christopher and Peter record holiday greetings for their families in the states. The Hometown News Center holiday greetings team visited Baumholder Sept. 29 and family members made more than 65 recordings that will be sent to their local hometown television stations for airing during the holiday season. The Hometown News Center offers this opportunity to military members and their families every year, usually during September. Military members and their families may make multiple recordings to send to different locations in the states.

Boyz II Men kick off Red Ribbon Week

Red Ribbon week kicks off on Oct. 22 with a VIP visit and an a cappella performance by Boys II Men. Organized by MWR and the Army Substance Abuse Program, the best selling R&B group of the

20th century will be performing in the Hall of Champions.

Red Ribbon Week is held annually to increase awareness of drug and alcohol prevention programs and promote drug-free communi-

ties.

The concert will be held in conjunction with the Baumholder Aerobathon, a showcase of five different exercise classes, including kick boxing and yoga, offered by the fitness center.

Red Ribbon Week's opening ceremony is scheduled for 3:15 p.m., followed by the Aerobathon. Boyz II Men will appear at 5:15 p.m. to sign autographs and sing a cappella.

The R&B group will be performing in Baumholder later that night.

Red Ribbon week continues with a series of events and activities. Red ribbons will be distributed to the community at various locations, including chapel services that weekend, to encourage involvement.

Baumholder high school continues the awareness program Oct. 25 with "wear red day." There will be a red ribbon booth at the high school on Oct. 26 and the essay contest winner will be announced. Finally, on Oct. 30 there will be red ribbon ghost crafts at the Halloween Carnival.



Contributed photo

Boyz II Men

College night planned

The annual Kaiserslautern College Information Night will be held at Ramstein American High School Oct. 14 from 6-8:30 p.m. Approximately 70 colleges and universities will be on hand at this event.

Students from Baumholder, Bitburg and the Kaiserslautern Military Community attend this event and those from as far as Mannheim and Heidelberg also join in.

Representatives will include both college staff members and European-based alumni. Prior to the opening of the information tables, there will be a short overview of college search and financial aid procedures as well as information on US colleges with European campuses.

There will also be tables with information on state residency requirements, some scholarship programs and other vocational interests.

DoDDS High Schools across Europe hold annual College In-

formation Nights to provide students and parents with firsthand information on colleges and universities. College night allows schools to share a variety of resources about colleges including web sites.

Technology and the world wide web have vastly improved the availability of overseas students to get timely access to college information, application procedures, and financial aid information.

"However, College Night allows schools 'to put a face on the colleges' for our students and learn about college life firsthand from a graduate of the institution they may be interested in. Since we are located overseas, schools rely largely on community members who represent their alma maters," said Peggy Hoffman-Schmidt, Kaiserslautern district DoDDS public affairs officer.

For more information about College Information Night call Fred Lopez at mil 480-7640.



Photo by LeAnne MacAllister

CFC kicks off

Sgt. 1st. Class Tracey Boyd talks to Soldiers about the Combined Federal Campaign as they enter the Post Exchange Oct. 4. Boyd led the kickoff as Baumholder's CFC officer. The campaign continues through Dec. 3. "The goal is to raise money for both national and international charities," said Boyd. Soldiers who opt to allocate part of their pay to the CFC program select the charity of their choice. Hundreds of charity options are available, ranging from Alzheimers and AIDS foundations to animal shelters.

Don't lose your identity, take the right measures

By Capt. Alison Gregoire
Legal Assistance Attorney

Identity theft is becoming increasingly common and the ways it is committed are becoming increasingly numerous. Identity crimes stem from robbery, computer intrusion, mail theft, theft of trash, and theft from businesses such as hotels that have personal information on file. A thief can steal your identity with just a few identifiers such as your birth date, social security number, mother's maiden name, or credit card number.

The first step is knowing how to protect yourself from identity theft. The best protection is to be very aware of your financial status, so that you will know immediately if something is amiss. Further, don't give out personal information, such as your date of birth and social security number, over the phone or Internet. Do not put your driver's license number or social security number on your checks. Keep a watchful eye on your bank and credit card statements. Destroy excess receipts, and make sure to cross out your credit card number if it appears on a receipt. Finally, shred your financial trash.

Should you become a victim of identity theft, after notifying your financial institutions, your first stop needs to be the MP station because many credit bureaus require a police report in order to begin repairing your credit. After completing the report, get the name and contact number of the officer who took the

report for your records.

Second, gather as much financial documentation as you can. This includes bank and credit card statements.

Third, you will need credit reports from Equifax, Experian, and Trans Union, the three major credit bureaus. You can also ask the companies to put a "fraud alert" on your credit report. The fraud alert will show up when businesses inquire about your credit and the alert could stop future fraud.

Fourth, contact the organizations that could potentially be affected. If the crime involved the U.S. mail, notify the U.S. Postal Service. If the crime entailed misuse of a social security number, notify the Social Security Administration. Your financial institution should be contacted if the crime involved your bank account. Finally, you may want to contact your utility companies and ask them to check for any unusual account activity.

Finally, contact the Federal Trade Commission. It is actively compiling identity theft data and passing it to law enforcement officials, to aid in stopping future theft.

To reach Experian dial 1-888-397-3742 (or online at www.experian.com), Trans Union may be reached at 1-800-680-7289 (or online at www.transunion.com), and to contact Equifax dial 1-800-525-6285 (or online at www.equifax.com). for more information call Baumholder Legal Assistance at mil 485-6506.

Volunteer Corps established

By Teresa Gaines
Army Volunteer Corps Coordinator

The Army established the Army Volunteer Corps during this year's National Volunteer Week observance. In conjunction with the inauguration of the AVC, the Installation Volunteer Program was renamed the Army Volunteer Corps Program.

This change is part of the Multi-Component Family Support Network and the name change represents a bridge between the active component and the reserve component and a more inclusive role for the former Installation volunteer coordinator. The defining principle of the AVC is that all who volunteer in Army communities share a commonality of purpose — improving the well-being of Soldiers and families. No matter what organization a volunteer serves, or whether this service is for the Active Force, National Guard or Army Reserve, they are all Army volunteers. Since the goal of the AVC is to connect volunteers to

each other and to the Army as members of the Army Volunteer Corps, it is imperative that the installation volunteer coordinators, who will serve as the focal point of the AVC on Army installation be called Army Volunteer Corps Coordinators. Standardizing program names is in the planning stages for the National Guard and Army Reserve volunteer programs.

The Army will support the Army Volunteer Corps by:

- Providing a professional approach to volunteer management to include training and resources for volunteer leaders, certification for volunteer managers, and a Bill of Rights and Responsibilities for volunteers.

- Developing alliances and relationships with organizations that will create opportunities to "work beyond the wall." Linking all volunteers within the Army community to each other and to the civilian community will promote collaboration and partnerships that will enhance the effectiveness of

volunteerism throughout the Army, increase volunteer opportunities and potential volunteers.

- Creating a corporate identity for all volunteers that instills pride in being an Army volunteer. The AVC emblem demonstrates the connection to the larger community — the Army community — as an Army volunteer.

The Army Volunteer Corps will be resilient, responsive and forward-looking. It will enable the Army to respond to changes in volunteerism and changes in the needs of the Army community. Working together, volunteers and Army staff will seek flexible approaches to local needs and creative solutions for future challenges.

Volunteering is a defining part of the American experience. From the Minutemen at Lexington to today's all volunteer force, the Army relies on the fundamental connection between volunteerism and citizenship. The strength of the Army lies in its Soldiers, and the strength of the Army communities lies in the talents and contributions of its members. Volunteerism stabilizes our Army communities by contributing to community cohesion, increasing self-reliance, and enhancing the well-being of Soldiers, civilians, and families.



European 'Super Six' teams clash

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Baumholder will again host the annual European Super Six high school football playoffs Nov. 6 on Minick Field. For those who crave gridiron action, this is the Super Bowl of high school football in Europe, offering fans a full day of football as the top six high school football teams in Europe clash for a shot at the championship title.

The action begins with Division

III finalists at 10 p.m. Division II plays at 2 p.m. and Division I finalists face off at 6 p.m.

Teams fall under divisions I, II, or III depending on the school enrollment. Being a school with a small number of students, Baumholder falls under division III.

Details of the competing teams have not been sorted out yet as they all have a lot of competition ahead of them before making it to the top six.

"We're going to have quite an influx of people in the community

the day before as at least 400 players will be arriving," said Gene Winfree, 222nd Base Support Battalion schools officer.

"Given that the Soldiers of the 1st Armored Division have returned from their 15-month deployment, we are expecting twice the fan participation, if not more, than last year," he said. The event drew more than 2,000 spectators last year.

Participation by NFL officials and the Frankfurt Galaxy Cheerleaders is also being planned but is not yet finalized.

"Baumholder was chosen primarily because of the outstanding facility and force protection that it offers," said Dom Calabria, Baumholder American High School principal.

Like last year, security and safety will receive top priority. There will be security checks prior to entering the field and coolers, alcohol and glass bottles will not be permitted in the stands. "Our Ponds Guards personnel will search packages and backpacks at the entrance to the field," said Bianca Bowen, 222nd

BSBS-2.

Plenty of food and beverages will be available at the game so guests need not go hungry or thirsty throughout the day. To help feed the influx of people the Strike Zone snack bar in the Strikers Bowling center will be available for fans throughout the day. Guests can also enjoy a game or two of bowling while waiting for the next game to start on Minick Field. AAFES will also have its food court facilities available throughout the championships.

ACS introduces new FLAG program

By LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office

Figuring out the local bus system is just one of the many challenges you face in a new country. Then, of course, you need to know what is out there and in what direction you have to go to get there.

Realizing that adjusting to Germany can be challenging and exciting, Army Community Service introduces the FLAG Program—Families Learning About Germany. The program, held approximately once a month, is open to all family members who are interested in learning about the local culture, surrounding towns, how to get around Europe and the Baumholder Army community in general.

Formerly known as the Newcomers Orientation and Welcome, the program has been updated to include new optional excursions and more information about Baumholder. Barbara Harris is the ACS FLAG coordinator, as well as an Army spouse and German native who has lived in the US. "This new program was a personal goal for me. I know from experience that it's more helpful for an insider to show people around Germany. Someone who has lived in both the US and Germany needs to teach them the

little things because they have a better understanding of the challenges they're facing and where things will get confusing.

"If you don't know your home well, you can't be comfortable in it. I want everyone here to get to know their new home," said Harris.

The course is held for three consecutive days, with two additional optional days. The group meets from approximately 8:30 a.m. to 3 p.m. daily at Baumholder's ACS office. Day one includes a walk to downtown Baumholder, bus lesson to Idar-Oberstein and a lunch on the town. A tour of Baumholder is hosted by the city historian followed by a schnitzel cooking class on day two.

Day three provides a German shopping adventure to Globus, a German super-store.

During days four and five the group may attend the Army family team building level one course or add another field trip.

"The German grocery shopping and cooking class was a big hit with the group," said Harris. "Plus, they're all taking the skills home with them."

And to Harris, that's what the FLAG program is all about.

For more information contact ACS at mil485-8188.



Photo by LeAnne MacAllister

Barbara Harris, Families Learning About Germany coordinator, makes arrangements for the next FLAG program. FLAG is a survival course for newcomers to Germany. German customs and tradition are discussed and participants get a flavor for the local community by going on shopping excursions and touring the community.

ACS learns fundamentals of Nurturing Program

Army Community Service and the Family Advocacy Program recently hosted Dr. Stephen J. Bavolek, founder of the Nurturing Program, who was here to provide a two-day seminar on "Families in Balance." He was accompanied at the conference presentation by the two NPESP social workers from Baumholder, Jean-Marie Williams and Melody Tavera.

On the first day of the Baumholder training, 30 mental

health professionals attended an all-day training program to improve their skills. The following day, 25 parents attended an all-day program that focused on parenting skills.

For the community/family training, Bavolek focused on learning to communicate as a family, privileges and challenges of raising a family in the military, families recovering from deployment and families preparing for deployment.

Through Bavolek's work, thousands of parents have learned to recognize and understand feelings within themselves and their children, how to recognize each other's needs, how to build and maintain empathy, nurturing ways to encourage appropriate behaviors, child development, and ways to build self-esteem in self and children.

The Nurturing Parenting Program is a cornerstone for ACS parenting classes in Baumholder.

Baumholder is recognized as the current Nurturing Parenting Program leader in Europe.

ACS, through the New Parent Education Support Program, offers various classes for parents based on the Nurturing Parenting Models: Prenatal classes, Nurturing parenting for families with children from 0-5 years-old, Nurturing Parenting for families with children 6-12 years-old, Nurturing Parenting for families with children 13-18

years-old.

ACS has also recently started two additional programs: A "Families in Balance" seminar program on Thursdays and a parent support program called "Empowering Nurturing Parenting" on Tuesdays. The children are invited and encouraged to attend and have a separate concurrent program to reinforce family improvement. Call ACS at 485-8188 to schedule your family for one of these exceptional classes.